

DINNERLY



Reduced-Carb Italian Pork Risssoles with Warm Zucchini and Capsicum Salad



25 minutes



2 Servings

Bring fresh Italian flavour to your dinner table with our herbed pork risssoles. Served with a warm veggie salad, this meal is low-carb and ready in record time, too.

WHAT WE SEND

- 1 zucchini
- 1 red capsicum
- 1 tomato
- pork mince
- 10g Italian seasoning ¹⁷
- 100g mixed salad leaves

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 2 tsp red wine vinegar ¹⁷
- ½ tsp dijon mustard ¹⁷

TOOLS

- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 455kcal, Fat 30.6g, Carbs 9.6g, Proteins 33.2g



1. Prep ingredients

Halve the **zucchini** lengthwise, then thinly slice on an angle. Coarsely chop the **capsicum**. Cut the **tomato** into wedges. Crush or finely chop **2 garlic cloves**.



2. Make rissoles

Put the **pork mince**, **Italian seasoning** and **garlic** in a bowl. Using damp hands, combine well, then shape into 6 equal rissoles. Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **rissoles** for 3-4 mins each side until browned and cooked through. Remove from the pan.



3. Cook veggies

Heat **2 tsp olive oil** in the pan over medium-high heat. Cook the **zucchini** and **capsicum**, stirring occasionally, for 4 mins or until tender. Remove the pan from the heat. Set the veggies aside to cool slightly (see Kitchen 101).



4. Toss salad

Put **2 tsp olive oil**, **2 tsp red wine vinegar** and **½ tsp dijon mustard** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **tomato**, **warm veggies** and **salad leaves** and toss to combine.



5. Serve up

Divide the **salad** and **rissoles** among bowls and enjoy!



6. Kitchen 101

Adding hot veggies to the salad will make the leaves wilt, so leave them to cool for a few minutes before tossing the salad together.